

☎ All classes are free and require pre-registration.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day CLOSED	4 Metabolic Testing 0800-1200	5 Metabolic Testing 0800-1200	6 Metabolic Testing 0800-1200	<u>Services Offered Monday- Friday</u> ♦ Metabolic Testing (By Appointment Only) ♦ MVO2 Fitness Assessments (By Appointment Only) ♦ Wellness Coaching ♦ Relaxation Massage Chair ♦ Blood Pressure Screenings ♦ 7-Site Skin Fold Testing (By Appointment- <u>ONLY</u>)
10 Metabolic Testing 0800-1200	11 Metabolic Testing 0800-1200	12 Metabolic Testing 0800-1200	13 Metabolic Testing 0800-1200	
17 Metabolic Testing 0800-1200	18 Metabolic Testing 0800-1200	19 Metabolic Testing 0800-1200	20 Metabolic Testing 0800-1200	
24 Metabolic Testing 0800-1200	25 Metabolic Testing 0800-1200	26 Metabolic Testing 0800-1200	27 Metabolic Testing 0800-1200	

Class Descriptions

- **HEALTHY HEART**

The Healthy Heart class is designed to teach each participant strategies to help reduce, control, and manage high blood pressure. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. The only way to tell if you have high blood pressure is to have your blood pressure checked.

- **UPPING YOUR METABOLISM**

Your metabolism holds the key to effective weight management. Knowing your metabolic rate and understanding how food and exercise affect it is valuable information to help you adjust calories in and calories out. This class also provides tips on increasing a slow metabolism. Each participant must have had a Metabolic Testing (see below) done before the class date. Participant will receive their personal results of the Metabolic Testing at the class and be able to follow along while an instructor explains what the numbers mean.

- **Principles of Effective Weight Management**

A 5-week support and educational program designed to enhance successful weight reduction. This unique intervention is based on behavioral change strategies that encourage students to progressively adopt positive lifestyle habits for long term success. Topics covered include nutrition, exercise components, goal setting and stress management specifically designed for weight management. This plan follows successful weight management guidelines endorsed by the American Dietetic Association and the American College of Sports Medicine.